

PRESENTATION FOR DTA COURSE OF ICTA

TRANSACTIONAL ANALYSIS

EGOGRAM

BY

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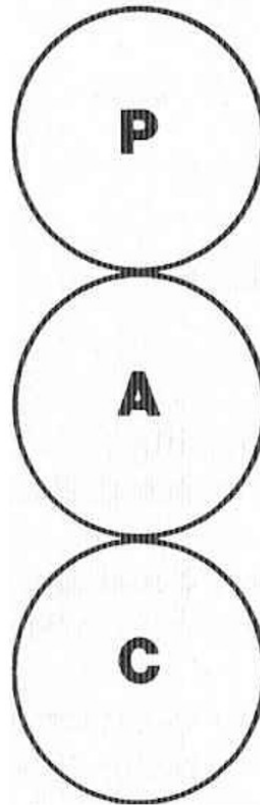
Contract

1. Content Clarity
2. Time: 15 mt – Presentation
5 mt - Clarification
3. Level : Basic
4. Voice Modulation
5. Facial Expression

EGO-STATE

- Eric Berne defined an ego-state as *a consistent pattern of feeling and experience directly related to a corresponding consistent pattern of behavior.*

- THE EGO-STATE MODEL



Parent ego-state

behaviors, thoughts and feelings copied from parents or parent figures.

Adult ego-state

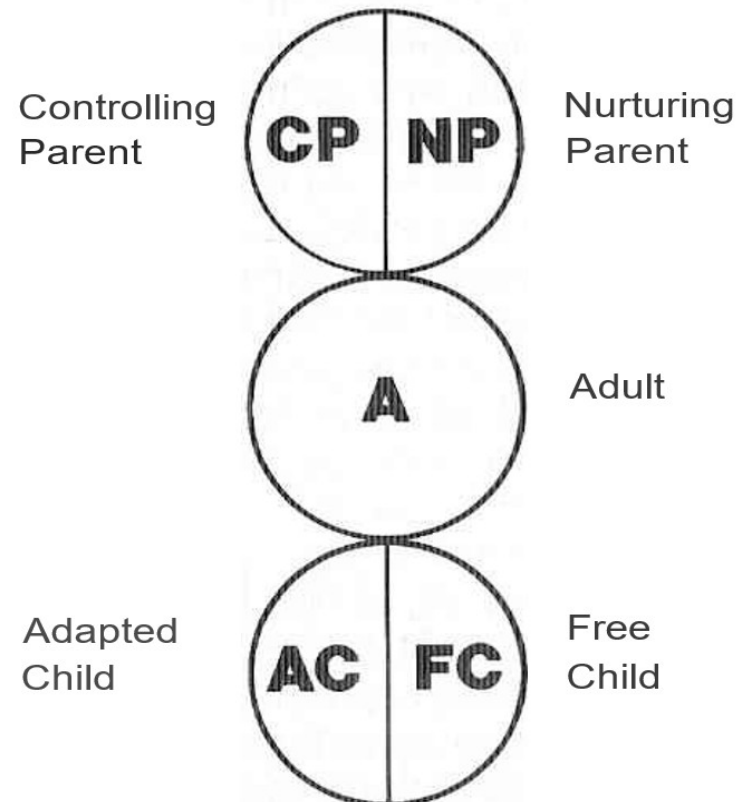
behaviors, thoughts and feelings which are direct responses to the here-and-now.

Child ego-state

behaviors, thoughts and feelings replayed from childhood.

Functional analysis of ego-states

- FUNCTION = 'HOW' = PROCESS
 - **A** *functional* model divides the ego-states to show us *how* we use them.
 - A structural ego-state model is concerned with the *content* of ego-states. A functional model is concerned with their *process*.
 - *In functional model, the Parent Ego State has two components or two sub states*
1. **Controlling Parent**
 2. **Nurturing Parent**
- ***Only one state in Adult and two sub-states in Child***
1. Adapted Child
 2. Free Child



Critical Parent

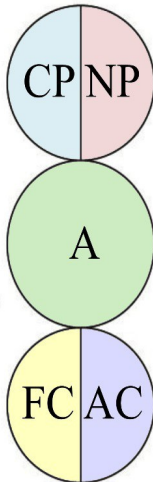
Criticizing
Regulating

Adult

Gathering facts
Considering alternatives

Free Child

Self-orientation
Optimistic



Nurturing Parent

Permitting
Encouraging

Adapted Child

Restraining emotions
Socializing

Controlling Parent (Critical Parent)

Sometimes the parent control the child

Nurturing Parent

Some other times, the parents were caring for child or looking after the child.

Adult

- The Adult in the functional model is usually not subdivided. We class any behavior as Adult which is a response to the here-and-now situation, using all the person's grown-up resources.

Adapted Child

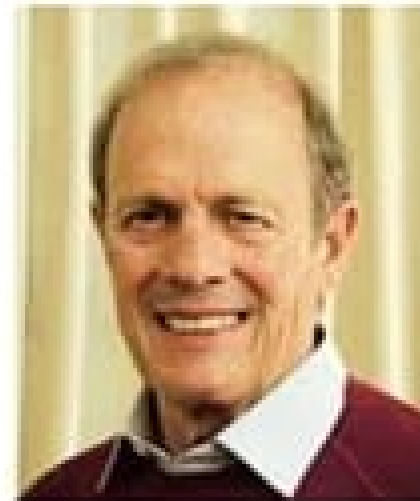
For a lot of the time a child was adapting to the demands of parents or parent-figures.

Free Child

He is simply acting as he himself wanted to.

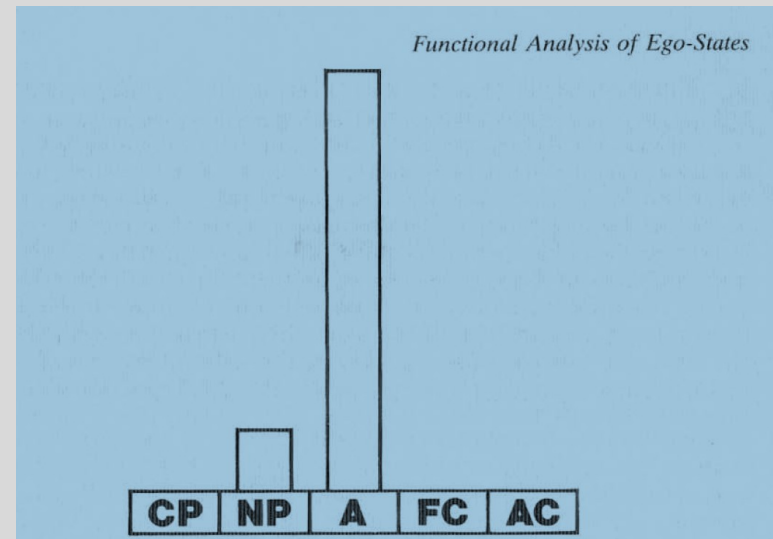
Ego Gram

- Ego gram is an intuitive way of showing how important is each of the functional ego state parts in your personality.
- This was devised by **Jack Dusay**.



EgoGram

- An **EgoGram** is simply defined as: 'a bar graph showing the relationship of the parts of the personality to each other and the amount of psychological energy emanating outward.'
- It **involves** drawing Five boxes to represent the ego-states of Critical Parent, Nurturing Parent, Adult, Free Child, and Adapted Child. Bars are drawn within the boxes to illustrate which ego-states a person tends to use most and least frequently.



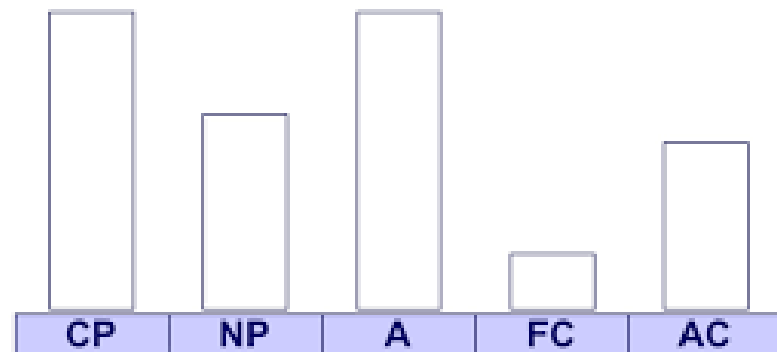
Sample Ego Gram

Draw a horizontal line and mark with CP, NP, A, AC, FC

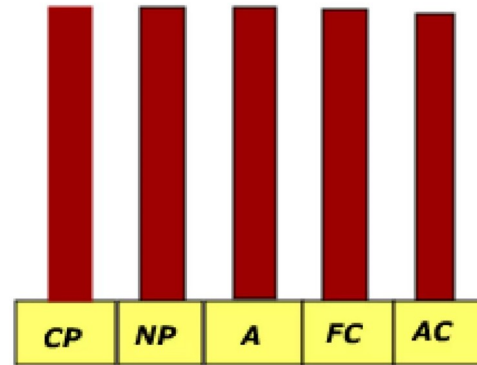
Draw vertical line to represent your strongest egostate.

Draw vertical line to represent your weakest egostate

Draw the other ego states with relative heights



Ego Gram



Considering the importance of each of these functional ego-state parts in your personality, Jack Dusay has devised an intuitive way of showing this, called *Ego Gram*.

To make an egogram, you begin by drawing a horizontal line. Label it along its length with the names of the five main functional ego-state parts. To save spelling them out in full, use their initial letters. Thus Controlling Parent becomes CP, Free Child becomes FC, and so on. Draw them in the order shown on Figure below.

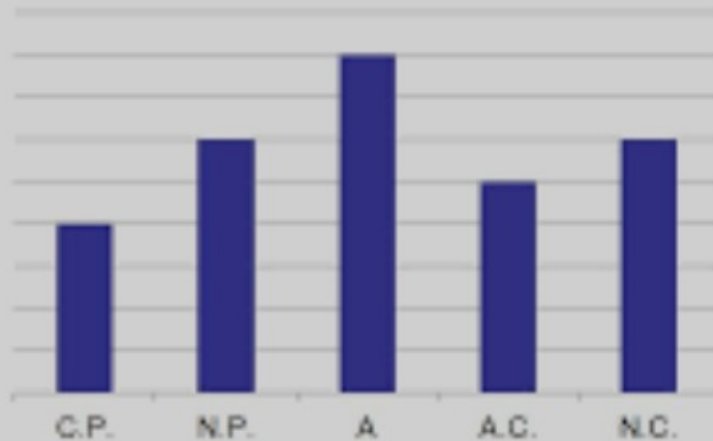
| CP | NP | A | FC | AC |

The idea is to draw a vertical bar above each ego-state label. The height of the bar shows how much of the time you use that functional part. Start with the part you judge you use most, and draw its vertical bar.

Next, take the part you think you use least and draw its bar. Make the *relative* heights of the two bars fit your intuitive judgment of the relative amounts of time you spend in each part.

Sample Egogram

Series 1



C.P : Critical parent
N.P. : Nurturing parent
A. : Adult
A.C.: Adapted child
N.C : Normal child

Positive and Negative Ego States

- ***Positive and negative Controlling and Nurturing Parent***
- Parent Ego State can further be divided into positive and negative subdivisions in each of these parts of the Parent. (Again, the terms 'OK' and 'not-OK' are sometimes used instead).
- ***Positive Controlling Parent*** when our Parental directives are genuinely aimed at protecting them or promoting their well-being.
- ***Negative Controlling Parent*** describes Parental behaviors which entail a put-down (discount) of the other person.
- ***Positive Nurturing Parent*** implies caring which is provided from a position of genuine regard for the person helped.
- ***Negative Nurturing Parent*** means that 'help' is given from a one-up position that discounts the other person.

Positive and Negative Ego States

Positive and negative Adapted Child

- Adapted Child behaviors can be classed as positive (OK) or negative (not OK).

Positive Adapted Child :We can speak of *positive Adapted Child* to describe the productive ways of behaving from our Adapted Child ego-state. The alternative phrase *OK Adapted Child*.

Negative (or not-OK) Adapted Child By contrast, they are said to be in *negative (or not-OK) Adapted Child* when we replay childhood patterns of behavior which are no longer appropriate to our grown-up situation.

Positive and negative Free Child

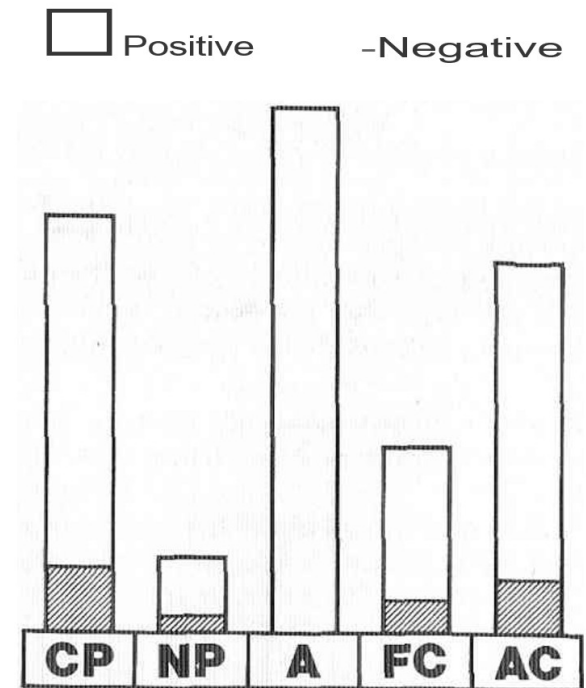
Free Child behaviors too can be classed as positive (OK) or negative (not OK).

Positive Free Child :When we express our emotions in a safe situation, we engage in positive Free Child behavior.

EGOGRAM

The exact height of each bar is not important. What matters is the relative height of each bar as compared to the others.

Jack Dusay did not suggest dividing up the bars into positive and negative parts, but it can be interesting to do so. You can shade in a part of the bars for CP, NP, FC and AC to show 'negative'. This leaves the rest of the bar showing 'positive'. Ego



EGO STATE ANALYSIS USING QUESTIONNAIRE

Every Person's Ego State can be analyzed Using Questionnaires designed for that Purpose.

Each questions are related to one of the 5 Ego states; CP,NP,A,FC or AC.

Two (0-Not true for me, 1-True for me OR three options (e.g. 0-Not true for me,1-Moderately true for me, 2-Extremely true for me) can be given to measure the strength of the corresponding Ego State.

Questions are not in order but mixed. For valuation question each category are grouped.

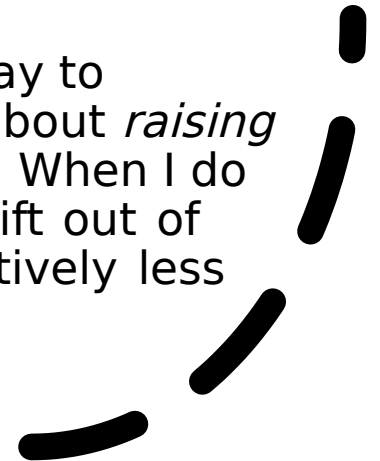
Finally the value of each category of Ego State Questions are added to get the subtotal of each.

Interpretation of Ego State Values

The highest percentage score of the Five Scores indicates the particular Ego State mostly used by you. If there is a difference of twenty or more percentage points between the highest and the second highest score, this means that the highest scoring Ego State is your dominant ego state. If there is less than twenty percentage points difference, there is a likelihood that you switch back and forth between Ego States without being consciously aware of this switch.

Energy Constancy Principle

- Jack Dusay suggested a *constancy hypothesis*:
- 'When one ego-state increases in intensity, another or others must decrease in order to compensate. The shift in psychic energy occurs so that the total amount of energy may remain constant.'
- If you want to change your behavior, it is possible to change it by changing the components of your Ego Gram?
- If there is, decide which bar you need to raise to achieve this change.
- According to Dusay, the best way to change my egogram, is to set about *raising* the part I want to have more of. When I do so, energy will automatically shift out of other parts I want to have relatively less of.



SIGNIFICANCE

1. The exact Height is not significant
2. Relative heights are what that matters
3. Egograms can be developed using standard questionnaires

USE OF EGOGRAM

- Understand Ones Egostates
- Bring Changes In Behavior
- Valuable In Counselling &
- Psychotherapy
- Egogram Picture The Distribution Of Psychic Energy



THANK YOU